

10-28-99

OPINION

Senior Freshman
shakes his cane at
Grant High violence.

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ENTERTAINMENT

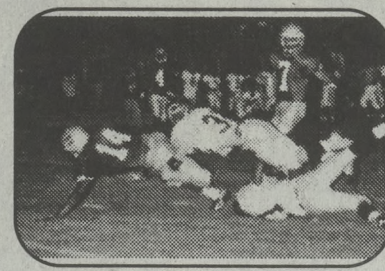
Valley College wind
ensemble toots its horn.

PAGE 4

SPORTS

Monarch football wins
homecoming game.

PAGE 6



The Los Angeles Valley Star

www.lavc.cc.ca.us

VOLUME 52, ISSUE 17

SERVING VALLEY COLLEGE FOR 50 YEARS

THURSDAY, OCTOBER 28 1999

Campus Scene

EXPLORE UC CAMPUSES

UC San Diego

■ When: Friday Oct. 29

UC Los Angeles

■ When: Friday Nov. 5

UC Santa Barbara

■ When: Thursday Nov 11

Sign up at the Career Transfer
Center, Adm. Bldg. room 126

For more information call
(818) 947-2646

STUDENT / MENTOR MIXER

■ When: Wednesday Nov. 3

■ Time: 6 p.m. to 9 p.m.

■ Where: Cafeteria
Conference Room

■ NOTE: RSVP by Nov. 1,
Dinner will be served.

50TH ANNIVERSARY DINNER GALA

■ When: Saturday, Nov. 6

■ Where: Hilton Burbank
Airport Convention Center
2500 Hollywood Way

■ NOTE: It's an elegant
dinner, dance and program
honoring distinguished
alumni and special guests.
Cost is \$80 per person.

FREE ANONYMOUS HIV TESTING

■ Where: Student Health
Center

Testing:

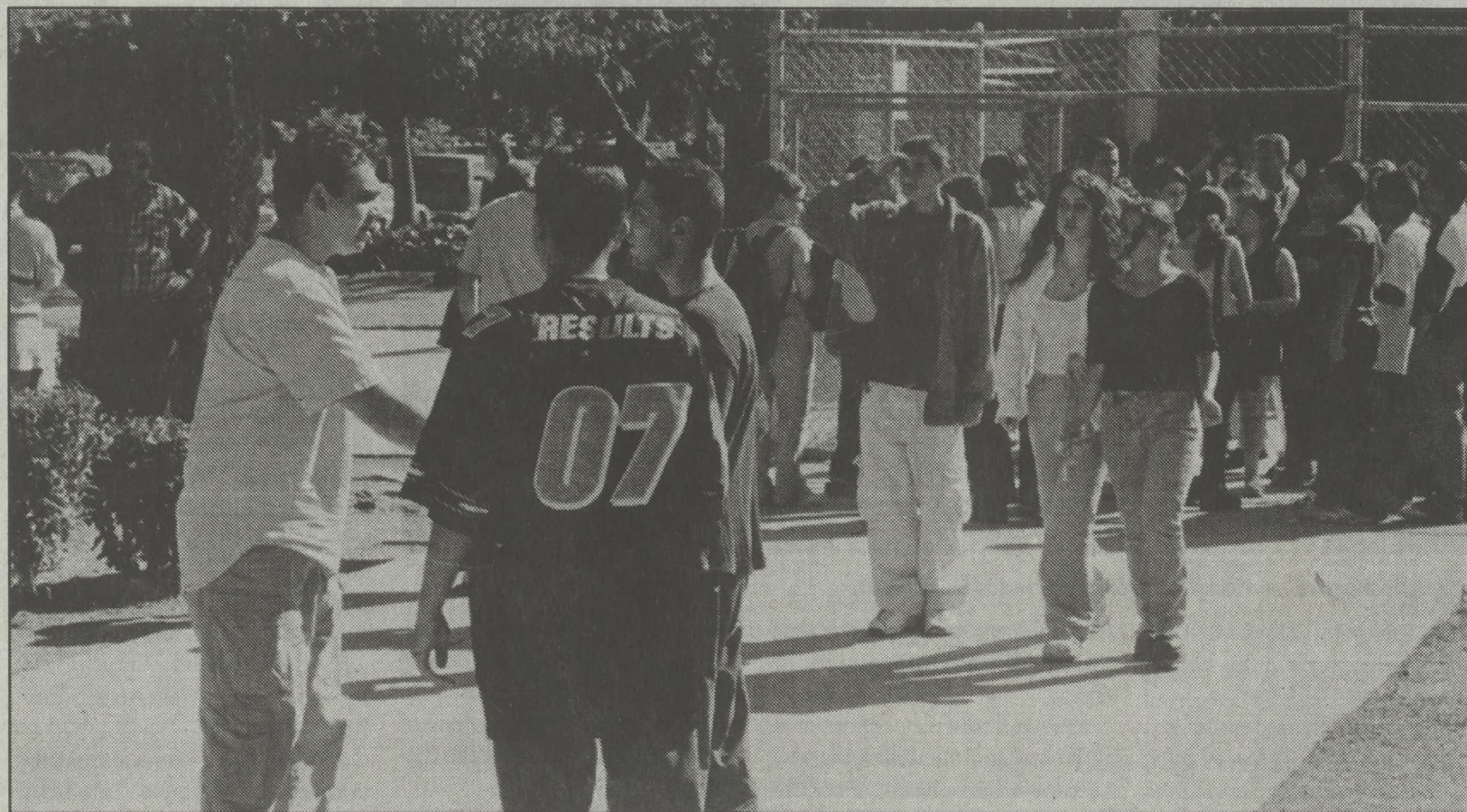
■ When: Wednesday, Nov. 3

■ Time: 10 a.m. to 1 p.m.

Results:

■ When: Wednesday, Nov. 10

■ Time: 10 a.m. to 12 p.m.



Grant high school students gather around discussing violence that erupted between Latino and Armenian students.

Malik Rahsaan/Special to the Star

Rivalry between Lation and Armenian students escalates to violence at Grant

■ **Melee:** 11 injured in
worst outbreak of vio-
lence in three years.

By JIM CARROZO
STAR REPORTER

A lunchtime brawl between
150 to 200 Armenian and Latino
students erupted at Grant High
School in Van Nuys last Friday
injuring 11 people including one

teacher. The violence broke out
at the north end of the campus on
Oxnard St. adjacent to Valley
College. The injuries were all
minor and were treated by the
school nurse.

According to LAPD officer
Charlotte Broughton, the Van
Nuys police were alerted at
12:45 p.m. bringing between 25
and 35 officers to the campus
within minutes.

They rounded up 16 students

for questioning after which the
school police made two arrests,
one a male, charged with felony
assault with a deadly weapon,
and the other a female also with
felony charges for carrying a
knife on the school premises,
police said. She allegedly had it
hidden in her bra. Their names
were withheld because their
ages.

The remaining students, many
of whom fled back into their

classrooms, were then ushered
into the school assembly hall
until parents could be notified to
pick them up.

"This is the worst outbreak in
three years," Joe Walker, the
principal, said. "This time some
girls were involved and, you
know, they were like lions." According to Walker, the two
groups, who have a history of
mutual hatred, have established

Cont. pg 2, GRANT

Crime on campus is down from last year

■ **Low crime rate**
attributed to increased
patrolling.

By KIM TUCHMAN
STAR REPORTER

Valley's campus crime statis-
tics show the campus is one of
the safest in the school system.

"I'm happy. We have the safest
105 acres here on campus," says
Captain Michael Habicht of the
campus police.

According to Nora Geller, sec-
retary and dispatcher for campus
police, crime has gone down
within the last year. During the
daytime and nighttime hours,
campus police are much more
visible. "We're open 24 hours,"
said Geller.

"There have been no stolen
cars since July," said Geller.
"Some books were stolen out of
a car, but that could be because
maybe that person left the win-
dow open."

Habicht attributes the low-
crime rate to the patrolling offi-
cers, the student officers, and the
faculty, as well as the student
body who are using the *80 sys-
tem or their own caution by
locking up cars or putting valu-

able items in the trunk.

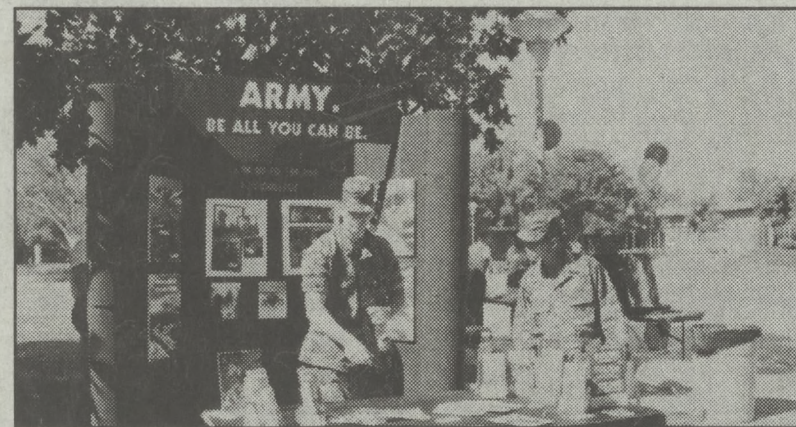
"The only crime that has
seemed to increase is the crime
of indecent exposure," Geller
said. "There have been at least
six reported cases of indecent
exposures reported since August.
A bulletin was put out by LAPD
to campus police regarding an
incident that has been occurring
on campus within the last three
weeks.

A white or hispanic male
between the ages of 18-25, about
5' 6" tall, thin build, weighing
between 130 and 150 pounds,
with neatly trimmed black hair,
black or brown eyes, and light
complexion is approaching
female victims in secluded areas
or in his car as they walk to their
cars.

He then engages in conversa-
tion with them, attempts to
obtain their name and phone
number, and exposes himself,
and sometimes even begins
masturbating or grabbing their
buttocks," said Habicht.

According to Habicht,
he has been seen in three differ-
ent vehicles. They are a sports
utility vehicle, possibly a Blazer,
gray in color; an Acura Integra,
2-door, black in color; and
another car which was white in

Cont. pg 2, CRIME



Karen Goldman/Valley Star

Army booth at the transfer awareness fair.

Transfer awareness week gives array of opportunities

■ **College Fair:** help
given to students with
transfer needs.

MARTHA PRIMERA
STAR REPORTER

On Tuesday Valley College
held a fair in Monarch Square
and invited campuses from all
over California.

Each campus got the opportu-
nity to speak to students who
still do not have any idea as to
what they will do after they
transfer from Valley College.

College representatives from
Cal Sate Northridge, San Diego
State and UC Berkeley were on
hand to give students advice on
college majors and what they
would need to transfer out of
Valley College.

Representatives from the
United States Army and the Air
Force were also on hand to help
out those students who are
unsure if they want to continue
their education at a 4-year col-
lege.

Students who are more
inclined to go into arts also had
the chance to talk to a represen-
tative from The Art Institute of
Southern California.

The various representatives
talked to students about the dif-
ferent majors that each school
had to offer and they also helped
students fill out all the necessary
applications so they could trans-
fer.

This fair gave students the
chance to experience the differ-
ent campuses.

Coffee house to close down

■ **Landmark:** Original
cafeteria will be closed
and replaced with
vending machines.

By KIM TUCHMAN
STAR REPORTER

Valley's vending machine
interests will expand and soon
replace food service personnel
at the Coffee House on campus.

"We'd like to see it happen as
soon as possible," said Mary
Ann Breckell, Vice President of
Administrative Services, who
has confirmed the switch. "I'd
like it to be by the start of spring
semester, but we haven't seen
the layout or the design yet."

According to Breckell, the
small, single-room Coffee
House was at one time the orig-
inal cafeteria. "I don't know the
age of the building, but it's
approximately around 1949."

Albert Fierro, Senior Food
Services Manager, also con-
firmed the replacement of the
campus's Coffee House, "Yeah,
we'll be putting vending there." The date for the switch was still
uncertain to Fierro. As to why
the change was being done at
all, Fierro said "I need the per-
sonnel here," pointing to the
main cafeteria.

Breckell said that it takes two
people to run the Coffee House.
After salary and benefits are
paid, the vending machines are
much more cost effective. "We
made \$16,000 this year. We're
still paying off the loan for the
vending machines, which is
now 2/3 paid off," said Breckell.

"No one will lose their job,"
said both Breckell and Fierro.

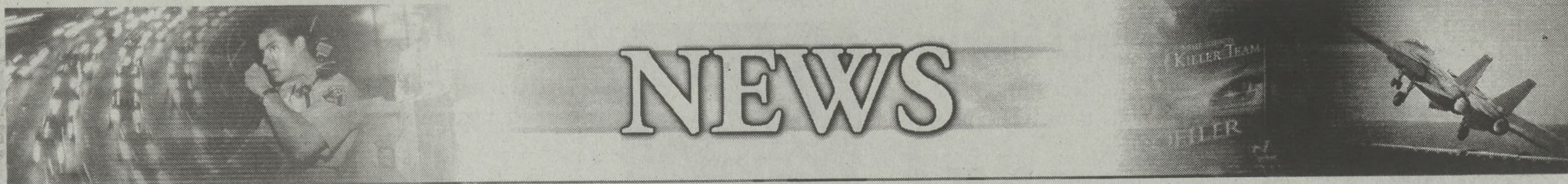
Some students, like Mulex
Aguirre, who visit the Coffee
House regularly feel saddened
that it would be losing its per-
sonal touch and become a room
full of vending machines. "I
like going into a room and
selecting items," said Aguirre.
"I come here at least three times
a week."

Other concerns over vending
machines were similar to Valley
student Sheri Wallace who said,
"What's going to happen if it
breaks down? At least there is
someone here selling." Student
Nancy Burgos, "It wouldn't
really affect me that much. I
visit the Coffee House once
every several weeks."

According to Breckell, after
seeing the success of the
machines in the arcade and eval-
uating the student and service
points of view, the Coffee
House was the next logical step
in the plan to switch to vending
machines. "We're looking to
service the students better," said
Breckell.

Crime watch

No crime occurred from
Oct. 20 until Oct. 25



Hillel marks 36 years of service to Valley College



Members of the "Cantor's Chanters Youth Chorale" perform on stage at the Little Theater.

■ Anniversary: Jewish community members honored at celebration.

By JIM CARROZO
STAR REPORTER

A milestone event in the year-long celebration of Valley College's 50th anniversary took place on Sunday at the Theater Department's Little Theater, when Hillel, The Foundation for

Jewish Campus Life, marked its 36th year of service to Valley College.

The event, co-chaired by Valley College President Tyree Wieder and County Supervisor Zev Yaroslavsky, was hosted by Hillel Judaic Program Coordinator, Rick Lupert. The occasion was highlighted by a ceremony honoring 36 outstanding Jewish individuals associated with Valley College who made a

difference in the campus community or the community at large.

After introductory comments by Wieder and the clubs Faculty Advisor Dr. Lisa Raskind Yaroslavsky addressed the audience saying that he was a product of Hillel and that it was a very important part of his campus life when he was a student. He said about community colleges, "I've always had a warm spot for

them. My mother was a math teacher at City College and she used to take me to class." He praised Valley College as "one of the flagship campuses of the district."

Scott J. Svonkin, council chair of the Valley chapter, presented Yaroslavsky with a plaque representing the three crowns of Torah, the Torah, Priesthood and sovereignty. Yaroslavsky in turn presented honor certificates from

the county to Raskind and Wieder.

Later in the program the awards honoring the distinguished guests of the evening were presented. Among the recipients was Dean of Academic Affairs, Marvin S. Zuckerman. The award was given posthumously to Harry Krupnick, the LAVC foundation member who donated \$500,000 toward the new Media Arts Academy to be built on the north campus. Krupnick died three weeks ago during a trip to China.

Zuckerman said after the ceremony, "I've been associated with Hillel for 25 years and today was great. We need an organization like this for our Jewish students and I think Lisa Raskind does a wonderful job."

Entertainment was provided by Cantor's Chanters Youth Chorale, led by Cantor Alan Weiner from Temple Beth Hillel, Sgt. Schlepper's Purim Shpieller Band from Temple Ahavat Shalom, Cantor Wally Schacht-Briskin from Leo Baeck Temple and Alan Eder and Friends, a large troupe of inter-racial singers, dancers and musicians who performed traditional Jewish songs in West African and Reggae style.

When asked about the entertainment, audience member Ruthe Granat said, "Alan Eder's reggae group was wonderful. They're so professional and I also thought the rabbi band, Sgt. Schlepper's were fabulous."

To conclude the event, Nomi Gordon, director of Hillel at

Pierce and Valley Colleges, thanked all who contributed to the celebration. She said afterward, "We're thrilled with the turnout and grateful for the time and talent that was contributed to make it such a success."

THE HONOREES

- Shirley Berg
- Michelle Block
- Alec L. Bloom
- Carole Ann Bobys
- Farrel Broslawsky
- Marion Brown
- David J. Falk
- Si Frumkin
- Zev W. Garber
- Rickey Gelb
- Phil Goldin
- Rabbi Jerrold Goldstein
- Carol Haaz
- Rabbi Ron Herstik
- Manny Kaplan
- Henry F. Klein
- Julie Korenstein
- Harry Krupnick
- Dr. Allan M. Levine
- Abraham Lenkawicki Pesah
- Dr. Eugene Rogolsky
- Dr. Stephen M. Saltzman
- Harvey Schechter
- Hope Mendoza Schechter
- Selma Schimmel
- Carl Schrag
- Scott J. Svonkin
- Cindy Tooredman
- Stuart Waldman
- Dr. William G. Wallis
- Rita R. Werner
- Michael Weinper
- Dr. Edwin Young
- Dr. Alfred J. Zucker
- Marvin S. Zuckerman
- Michael Zugsmith

Grant, cont.

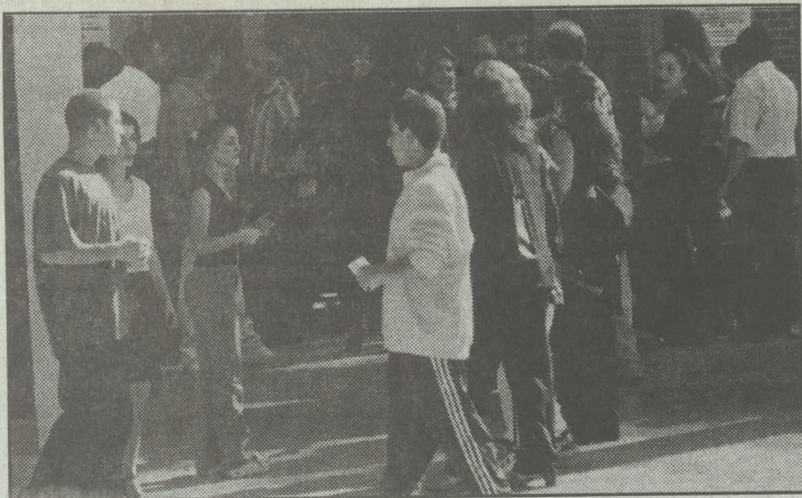
Cont. from pg 1

on north campus what he called a "Magenot Line," referring to the supposedly impenetrable fortress in France during the second world war, an imaginary border drawn between two areas that, when crossed, leads to name calling and threats and last Friday to the violence.

"There will be an investigation and if necessary, suspensions," he said.

The school, with an enrollment of 3400 students, has had tense relationships between the two groups since the 80's. "It's been going on for a long time," said student Mynor Recinos. "This is only the beginning because about a week ago one of our homeys got shot by an 'Ara,'" he said, referring to students with an Armenian heritage who comprise a high percentage of the student population.

Another student, Chris



Malik Rahsaan/Special to the Star

Grant high school students waiting to be picked up by their parents.

Rodriguez, said, "Half the school is Armenian and they beef, like a lot. I heard two shots around lunch time then everybody started throwing garbage cans and bottles."

Rita Hymes, a staff member at Grant, downplayed the violence. "There were no shots fired," she said. "It was garbage cans banging, but ever since the stories about school violence, people get hysterical."

Hymes said that once the police and media get involved it looks worse than it is because "They come and do their job,

which is fine, but it creates a distorted picture of what is actually going on." She said, "We wanted to get the students back into the classrooms and that's what we did. The reason it wasn't worse is because we supervised very carefully to insure the safety of our students."

Sara Critchett, a senior who was waiting for her parents to pick her up in the Principal's office, said, "There's always something every year. It's horrible and it's so wrong. This is a place for learning, not for hating."

The survey says:

A survey was conducted of the students on the proposed calendar changes that would shorten the semester from 18 to 15 weeks.

Total of students surveyed: 236

	For:	Against:
Full time:	108 students / 70%	47 students / 30%
Part time:	49 students / 60%	32 students / 40%
Working:	118 students / 64%	66 students / 36%
Non-working:	39 students / 75%	13 students / 25%
Day students:	63 students / 68%	29 student s/ 32%
Eve. students:	94 students / 65%	50 students / 35%
Overall:	157 students / 67%	79 students / 33%

Crime (cont.)

Cont. from pg 1

color with blue stripes, make unknown.

Detective Bernie Pulliam, from Van Nuys detectives, says that women should walk in pairs, because at one point the suspect waited until the two girls separated and then went after one of them. Pulliam also suggests that if a female is walking by herself and sees a suspicious male, she should turn around and go the other way. "We don't know if the suspect is a student, has friends on campus, but he is very familiar with the campus."

"This may be all the same suspect, but we're not sure yet," says Habicht. "But other than him, our crime rate is way down. We're down 90% from last year."

Telethon raises money for new building

■ Fund Raising: Live broadcast on cable TV raises funds for new Media Arts Academy.

By SARA ABRAMS
STAR REPORTER

A live cable TV telethon conducted on Sunday by Valley College challenged the residents of the San Fernando Valley to donate money to help construct a new building on campus for the media arts.

At 12:03 p.m., a 3-minute delay from the scheduled start time, the Valley College/TCI Cable team

went on the air for five hours and delivered a message regarding the necessity of matching philanthropist the late Harry Krupnick's generous gift of \$500,000 for the construction of the new media arts center.

The show took place in TCI's studios and was broadcast on both TCI and Time Warner Communications. It was hosted by Jim Marteney, a teacher in the Speech and Broadcasting Department, and Brendan Burns,

a Valley alum who is an actor on "The Young and the Restless."

Scores of volunteers, talent and well-wishers showed up Sunday afternoon to support the cause.

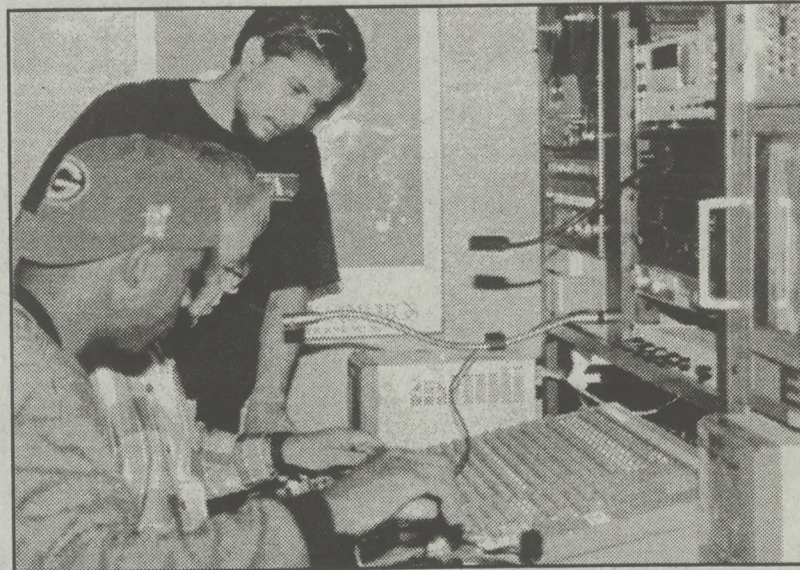
Video-taped messages from luminaries such as Councilman Joel Wachs and actor Ed Begley, Jr., a Valley alum, were interspersed between live entertainment that featured music and various dramatic presentations.

Dr. Adrienne Zahler, Chair of

the Speech and Broadcasting Department, said, "This has been no easy task." Gail Nastasia, the assistant professor of broadcasting who has been behind this, has spent a good year and a half putting this together.

The dual broadcast by TCI and Time Warner allowed for viewership in both the West and East San Fernando Valley. Valley College students and teachers assisted as on-air talent and behind the scenes techies.

Into the first hour of the show, Jana Przebieda, the executive director and a student at Valley, said, "This is quite an undertaking!"



Donna M. Thorne/Valley Star

Behind the scenes at the Media Arts Telethon.

Dr. Zahler noted, "I am extremely proud of the people in my department, the students who helped out, and grateful to TCI for the opportunity and the sup-

port, and I hope that with the humongous effort that's gone into this, that the public responds appropriately with an effort on their behalf."

Editorial...

Proposal to share campuses with high schools needs more scrutiny

In an effort to solve the problems of both the Los Angeles Unified School District and the Los Angeles Community College District, a plan is in the works that would allow high school classes to be held in four of the district's community colleges. The high schools would benefit by gaining more space and better facilities to accommodate their crowded campuses.

The community colleges would benefit by gaining more funds because the unified school district would pay them for the use of the property. The high school classes would be held in existing buildings on the campuses as well as new buildings that would be

built as part of the plan. It is yet to be seen whether or not Valley College will be one of the four campuses chosen for the program.

Now, with the recent violent outburst that occurred at Grant High School last week between Latino and Armenian students we wonder if this plan is such a good idea.

Of course we don't want to deprive any high school student of a better education, and the benefits that would be reaped by both school districts under this plan seem to make it a win-win situation, but we certainly don't need or want high school students bringing their immature behavior to our community college campuses. It would have an adverse

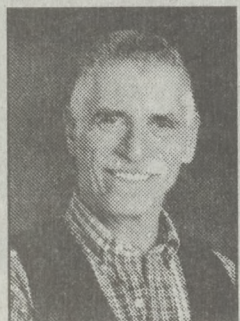
affect on our campus community as a whole.

That's not to say that our college is a perfect little Utopia, but college students do tend to be more mature than their high school counterparts; more inclined to respect each other's differences and better able to peacefully co-exist.

If the campuses were used for college prep classes and were open only to students with a real interest in furthering their education after graduation then we'd be very much in favor of sharing our educational turf but far too many are troublemakers who have a feeling of contempt towards school and would not respect our campus.

The Senior Freshman...

Ghetto schools not what they used to be



By JIM CARROZO
STAR REPORTER

If only the Armenian and Hispanic teenagers who clashed last week at Grant High knew how similar they are, they might learn

to get along. The brilliance of their art and music and the injustices they've suffered under first imperial, and then governmental rule, makes them more alike than different; not to mention the earthquakes they've endured.

Unfortunately they're ignorant of these things. Each group studies only their own roots and that only widens the gap. It's outrageous that the principal allows them to establish an imaginary line on the school grounds, as if it were their property to divide as they please. I don't recall having many rights in school, at least once I stepped inside the front door.

I guess I'm "shaking my cane," as reader Craig Au would say, but I went to school in Harlem, N.Y., and each year, at the first assembly, the principal laid out the rules. Essentially to him, once we were inside, we were not Italian, Black, Irish, Greek or Puerto Rican. We were students, period! And expulsion, not suspension, was the strictly enforced solution for any ethnically or racially motivated disturbance. Kind of like Mom saying, "When you're in my house you live by my rules." Our individual turf

stopped at the door.

Friday's outburst was not the first at Grant. It has continued unchecked for so many years that students call it "The Ghetto School." That title is even more disturbing than the riot itself. It's an insult to the term.

During years of travel I've visited, attended school and lived in ghettos in many parts of the world. Yes they're run down - due usually to greed-driven landowners and, as anywhere else, the neglect of some of its residents - but they are also places brimming with mutual respect.

In school, back in the 50's, I felt

shame when my own family implied that the people in Harlem were untrustworthy or dangerous. I saw the utmost care that folks up there took to be polite; reinforcing in each other the dignity so often denied them by a society that was just awakening to the awful results of institutional Apartheid.

As an adult traveling through Asia, I marveled at the huge amounts of laundry hanging off balconies; not as a sign of blight, but an indication of people's commitment to cleanliness.

In Haiti, the poorest island in the Western Hemisphere, I was awed by the attention given the humblest

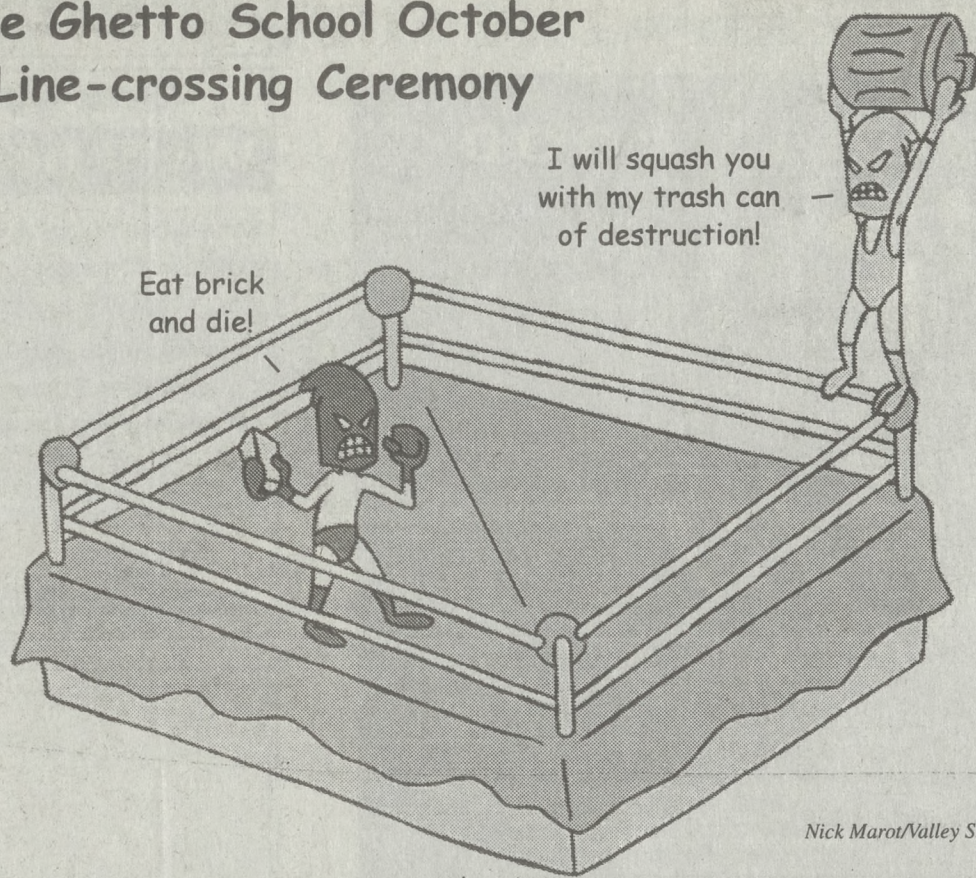
of dwellings by women in crisp white garments furiously sweeping dirt paths in front of their doorways.

Ghettos, whether in Warsaw, Poland or Detroit, Michigan, were and are poor only in the restrictions imposed by economic pressure and social discrimination. Otherwise they're rich in family, art, music, food and mutual respect.

I suggest that Walker, instead of wondering why things always get worse in October, as he has stated publicly, start laying down the law in September.

I always welcome your responses to StFresh@aol.com.

The Ghetto School October Line-crossing Ceremony



Nick Marot/Valley Star

The clash of the scrubs and the pigeons

AMIRAH ALIDINAR
STAR REPORTER

People say that scrubs are immature and irresponsible men. Others recognize this old school term from the R&B singing group 'TLC,' with one of their more recent top selling songs entitled, "No Scrubs." The meaning of a scrub has various descriptions.

"A scrub is a guy that doesn't know how to treat a lady," said Valley student Tahnee Alys. "This is a guy who has bad teeth, bad breath, and never knows when to shut up."

A scrub mainly is a guy who really is not a man, just a façade of a man.

Shady Mckhail, a student from Glendale, stated, "Any guy who disrespects a woman, does not deserve the right to be called a man, but scrub."

He goes on to say, "It's a man that gets no play from the girls or tries to be cool, and doesn't come across as cool at all. It's a guy that's just average, or most likely below average."

The word pigeon is a brand new colloquial term. The definition of a pigeon also varies in description. The common definition of the

term pigeon is described as a "female version of a scrub." Most people might recall this term, from another R&B group called, "The Sporty Thieves." Their song was entitled, "No Pigeons." Another Valley student describes a pigeon as, "A girl who tries to impress, with a five dollar dress."

Ken Curry, a local teacher, explains, "A pigeon is a girl who's heels are higher than her I.Q." One of the ways a person can identify a pigeon, is by the way she flaunts what she just doesn't have.

Women...ask yourself these questions:

- 1) Would you date a guy, simply because he has a car, an apartment and has a job?
- 2) Do you wear shoes one size too small?
- 3) Do you repeatedly borrow your friends clothes?
- 4) Do you wear sandals with unkempt feet?
- 5) Has anyone ever told you that you have a tendency to take things for granted?

If you answered yes to any of these questions, this would show you what areas you might want to work on improving. Shady Mckhail adds, "A pigeon is a girl who does-

n't appreciate what she has i.e., a gold digger." Truly though, no woman should be described as such a good-for-nothing. You should try and eliminate these negative aspects of your character, which makes you a pigeon.

Men...ask yourself these questions:

- 1.) Are you currently living at your parents house?
- 2.) Do you not have a license yet?
- 3.) Do you not have a job?
- 4.) Has a girlfriend of your, ever lent you money? If so, are you to this day in debt to her?

A true scrub would have answered yes to these questions. Men, when you reflect on your life, are you proud of what you have become? If not, seriously start working on getting the necessities in order to begin organizing your life.

Don't follow the life of a scrub or pigeon. Be your own person, and not only will your family and friends become proud of your accomplishments, but you can also be proud of who you are and what you have achieved.

Letters to the Editor

■ Solution to the Cat problem.

Aggressive Journalism has frequently been a vehicle for positive change. The Valley Star's serious approach to the Campus Cat Crisis makes available to the school a format for genuine and honest improvement.

The volunteers are open to (and have hoped for) an intelligent, compassionate and reasonable agreement that is acceptable to the administration. Proposed Solutions:

1. Designated feeding locations kept clean and presentable by the volunteers and posing no difficulty for plant facilities.
2. In regards to animal cruelty the administration must control its staff.
3. The agreement must be published in The Valley Star.

The campus newspaper deserves the highest praise for its responsible reporting of this sensitive issue.

Jack Amot
History Department

■ Cat people are neurotic ding-dongs.

The recent reporting about the plague of cats on campus is a prize example of the idiocy that occasionally passes for discourse at Valley.

The issue asks the campus "leadership" to balance their professional and legal responsibilities to provide a healthy environment for the students against the demands of a group of neurotics so that they can secure a place in kitty-cat heaven.

Asking the administration to act upon a problem is akin to teaching a pregnant elephant to swim in a bathtub and I'm concerned that the mewling of the kitty cult might give them an excuse to avoid dealing with a continuing health problem.

In the noise created by the cat cult the other issues are being ignored.

Students have complained about swollen eyes, coughing, sneezing, respiratory difficulties and allergic reactions to cat dander and fleas. The south end of the campus has become an environmental and aesthetic sewer to the degree that two bungalows were abandoned because the stench of cat feces and rotting food rendered them uninhabitable. Students are forced to eat amidst garbage left behind by trespassers who come on campus to gratify their neurotic needs.

One ding-dong employee posing as the Mother Theresa of the feral cats has kicked in the transoms under the bungalows creating trash traps and fire hazards. The birds (where are the bird people?) have disappeared from campus. (So much for the environmental chain).

Must it really be explained to campus "leaders" that one suffering pregnant woman, one allergic child or one sick student should take precedence over all the maudlin moaning of those self-proclaimed saviors of the feline species?

Those who are really cat lovers should take their little darlings home to be properly cared for and nourished. But if there is to be a designated collection point for cat food, feces and fleas, it should be directly in front of the office of the college president. On the occasion that she visits the campus, let her pick her way through the feces and filth to get to her committee meetings just as those of us who actually work here have to do to teach our classes.

The campus is for students, not a gathering point for off-campus parasites or on-campus loonies, and the law, Health Department, OSHA, educational policy, science and common sense says that garbage and fleas are unhealthy for students and other living creatures. Duh!

Farrel Broslawsky
History Department

Write us a letter

The Valley Star would love to receive and, if possible, publish your letters. We reserve the right to condense letters for space considerations. Letters are limited to 250 words and are subject to editing if they are obscene, libelous, or make racial, ethnic, religious, sexist or sexually oriented denigrations. They must be signed and include the student's ID number. Letters may be addressed to the Valley Star c/o Los Angeles Valley College 5800 Fulton Van Nuys CA 91401 or left in the news room in BJ 114 by Friday morning for the next publication. They can also be placed in any of our mailboxes attached to one of our three yellow news stands, or e-mailed to VSTAR@laccd.cc.ca.us.

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Thursday, October 28, 1999

Valley Star

Upcoming events

Oct. 28

■ **Diary**
Ariana Powell, director
Lab Theater
8 p.m.

■ **Kristin Rothfuss**, mezzo-soprano
Julianne Klein, piano
Music Recital Hall
11 a.m.

Oct. 30

■ **Valley Symphony Orchestra**
Pianists of the future
Wilshire Ebell Theater
8 p.m.

Nov. 4

■ **LAVC Jazz Band**
Woody James, director
Music Room
11 a.m.

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Wind Ensemble upbeat and versatile

■ **Music:** Diverse musical compositions highlight concert.

By CECI VENDRELL
STAR REPORTER

The Los Angeles Valley College Wind Ensemble delivered a spirited concert on Monday night at the Theater Arts Department's Little Theatre. With enthusiastic conducting by Michael Mertens, the show was an eclectic mix of musical styles ranging from Mozart to Duke Ellington.

Mertens graciously offered background information before each piece, explaining the composers' motives and having the ensemble play snippets of what was to come. This brought the music to life for the audience and even the most untrained ear could recognize the musical themes to follow.

The upbeat tone of the concert began with "Novena, Rhapsody for Band" by Swearingen, a rousing piece reminiscent of a science fiction movie score. It's not surprising that Mertens chose this to open the evening as it meshed with his own energetic

and engaging style of conducting.

One of the most charming aspects of the concert was Mertens himself. On staff with Valley College for five years, the youthful conductor moved to the rhythms as he worked, obviously enjoying the music and the musicians.

From the quirky, off-beat "Havendence" by Holsinger the ensemble swung into highlights from "Sophisticated Ladies," producing a lush sound for some of Duke Ellington's most popular tunes, including a percussion driven version of the exotic "Caravan."

At this point in the program Diane Wintrob, chair of the Valley College Music Department, came on stage to dedicate the fifth piece to the late Earle Immel, a retired Valley College music professor and former chair of the department.

She described Immel, who played with the Valley Wind Ensemble for years, as a devoted teacher who nurtured each student.

Referring to his love of playing the saxophone Wintrob said "Right about now Earle is taking his place as first chair saxophonist with the heavenly wind

ensemble."

The ensemble then played the lovely "Air for the G String" by Bach, a sweet yet somber musical homage to the group's departed colleague.

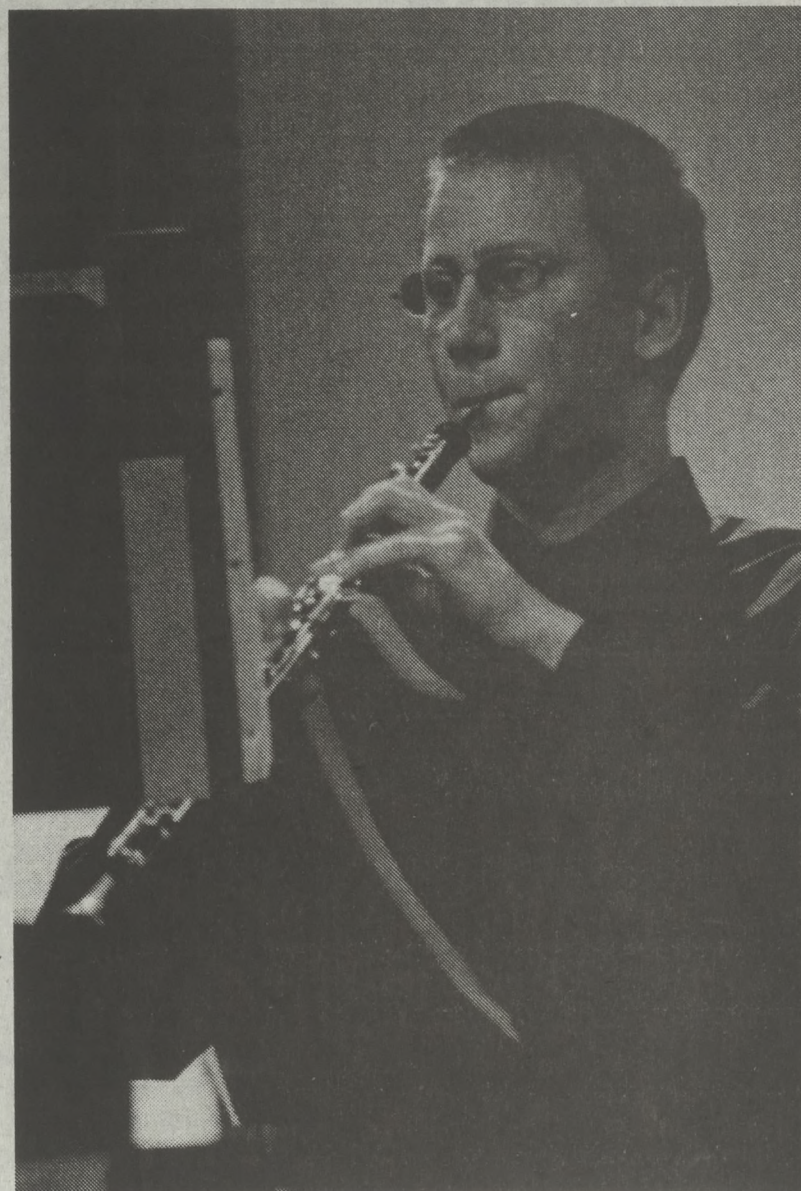
The musical mood picked up again with the final two numbers, "Dublin Sketches" by Curnow and "March to the Scaffold" by Berlioz.

All of the works performed Monday showcased the different instruments in the group but in these last two pieces the excellent work of Alex Parnell, first chair oboe, shone brilliantly. His playing was haunting and compelling, the rich tones of the oboe sounding like the voice of the ensemble.

The 18-year-old Parnell, who is also first chair oboe with the Pacific Palisades Orchestra, has been playing at Valley College for four years.

The musicians were individually very accomplished but throughout the concert the ensemble seemed to have some trouble staying tightly together.

However Mertens should be credited with presenting an interesting and fast-moving concert that kept the audience of approximately 100 very entertained.



Cathy Koebel/Valley Star

Alex Parnell plays Oboe at Valley Wind Ensemble performance

Important Notice

Because of the overwhelmingly positive response to the 50th Anniversary Dinner Gala, the location has been upgraded from the Sportsman's Lodge to
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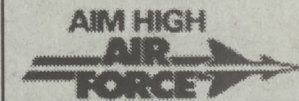
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Homecoming is last of the twentieth century

■ **Tradition:** Floats, marching band, and Fire Department pay tribute to Valley Alumni in Monarchs 50th year.

KIM TUCHMAN
STAR REPORTER

Valley's Homecoming '99 hails Diana Sarkisova and Phil Zipkin the new reigning Queen and King of Valley. "It feels good. It was a big surprise," says Sarkisova, ASU political affairs commissioner. Zipkin, a member of TAE, Tau Alpha Epsilon, an honor society, said, "I'm shocked. It's awesome."

The announcement of the new king and queen along with prince and princess was done during half-time at the football game between Valley and Citrus on Oct. 23.

Claudia Castillo, a cheerleader for Valley and one of the nomi-

nees selected to be Princess said, "I was very excited. I didn't expect it. So I was really taken back when I got picked. I feel pretty - oh, so pretty and witty," said Alex Shapiro, A.S.U.'s public relations commissioner, after being selected Prince.

The ceremonies began with the marching band walking around the stadium followed by two fire trucks from company 102, the fire station on Burbank and Fulton, filled with the cheerleaders who began throwing miniature green and gold footballs to the spectators in the stand.

Leslie Channon, ASU president, was right behind the fire trucks, in a silver Lexus, followed by a parade of other cars representing clubs on campus and other ASU officers.

Those clubs were CLUE, Club Latino United for Education, Black Student Union and TAE.

Behind those cars were three enormous rigs which honked and blew their horns almost the

entire 25 minutes of half-time, with the exception of the presentations. "The rigs were there to be stadium rockers," says Edward Santos, ICC representative for ASU.

Prizes were awarded to the club with the best float. First place with a \$100 prize was awarded to TAE, second place with a \$75 prize was awarded to CLUE, and BSU was awarded the \$50 prize. "It's very spirited."

The trucks were awesome. The cheerleaders are cool, "said Brenda Blandon, mother of Valley student, Donna Nouriel.

Among the spectators at the game and homecoming were alumni Alexis Arnold, Rebecca White, and Elizabeth Dickerson, who all say they enjoyed the homecoming ceremonies quite a bit. "I liked the crowd."

They were really energetic," said Arnold. According to White and Dickerson the part they enjoyed most were the firefighters.



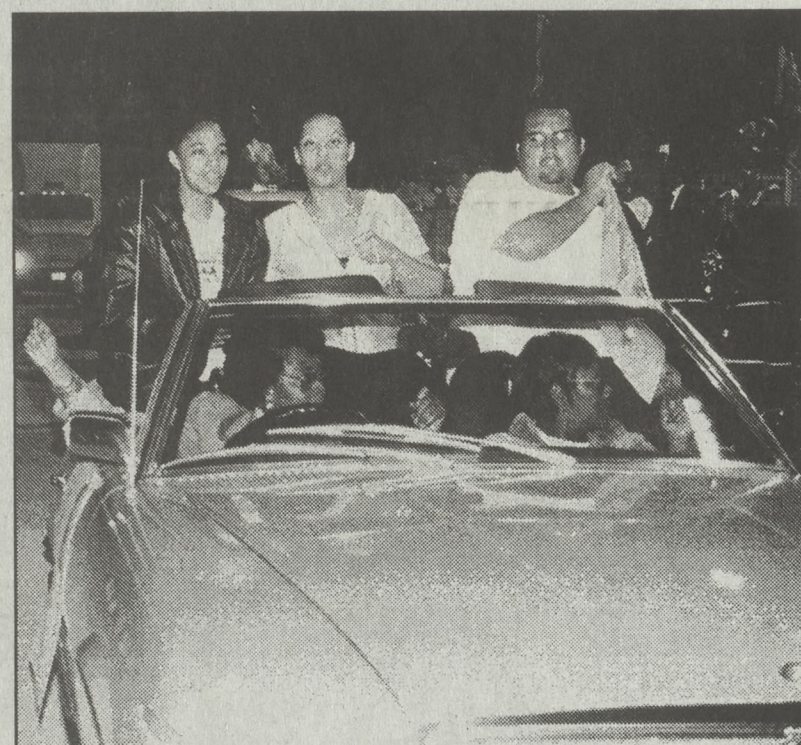
Donna M. Thorne

1999 Homecoming Queen, Diana Sarkisova and King, Phil Zipkin await the announcement of their crowning.



The Tau Alpha Epsilon float parades

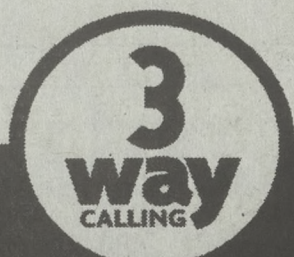
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Donna M. Thorne

Black Student Union greeting people at the parade

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SPORTS

Thursday, October 28, 1999

Football

Saturday's Scores

Glendale 49, East L.A. 35
Compton 28, L.A. Pierce 7
Moorpark 21, L.A. Southwest
Allan Han 37, Bakersfield 24
Santa Barbara 40, L.A. Harb 0
Ventura 31, Santa Monica 3

Schedule For Oct. 30

1pm games
Allan Han at L.A. Pierce
West L.A. at Citrus
Glendale at Santa Barbara
7pm games
L.A. Southwest at L.A. Harbor
Moorpark at Canyons
Bakersfield at East L.A.
Compton at Santa Monica
Ventura at Valley

Standings

N o r t h e r n

Team	All	Div
Moorpark	4-2	3-0
Allan Han	5-1	2-1
Ventura	5-1	2-1
Valley	4-2	2-1
Canyons	4-2	1-2
Glendale	3-3	1-2
Santa Barbara	2-4	1-2
L.A. Pierce	1-5	0-3

S o u t h e r n

team	All	Div
Bakersfield	5-1	3-0
West L.A.	4-2	2-1
L.A. Southwest	4-2	2-1
Santa Monica	3-3	2-1
Compton	3-3	1-2
East L.A.	2-4	1-2
L.A. Harbor	1-5	1-2
Citrus	1-5	0-3

Water Polo

Schedule

Men

Oct 29 at L.A. Pierce
Nov 2 vs Fullerton

Women

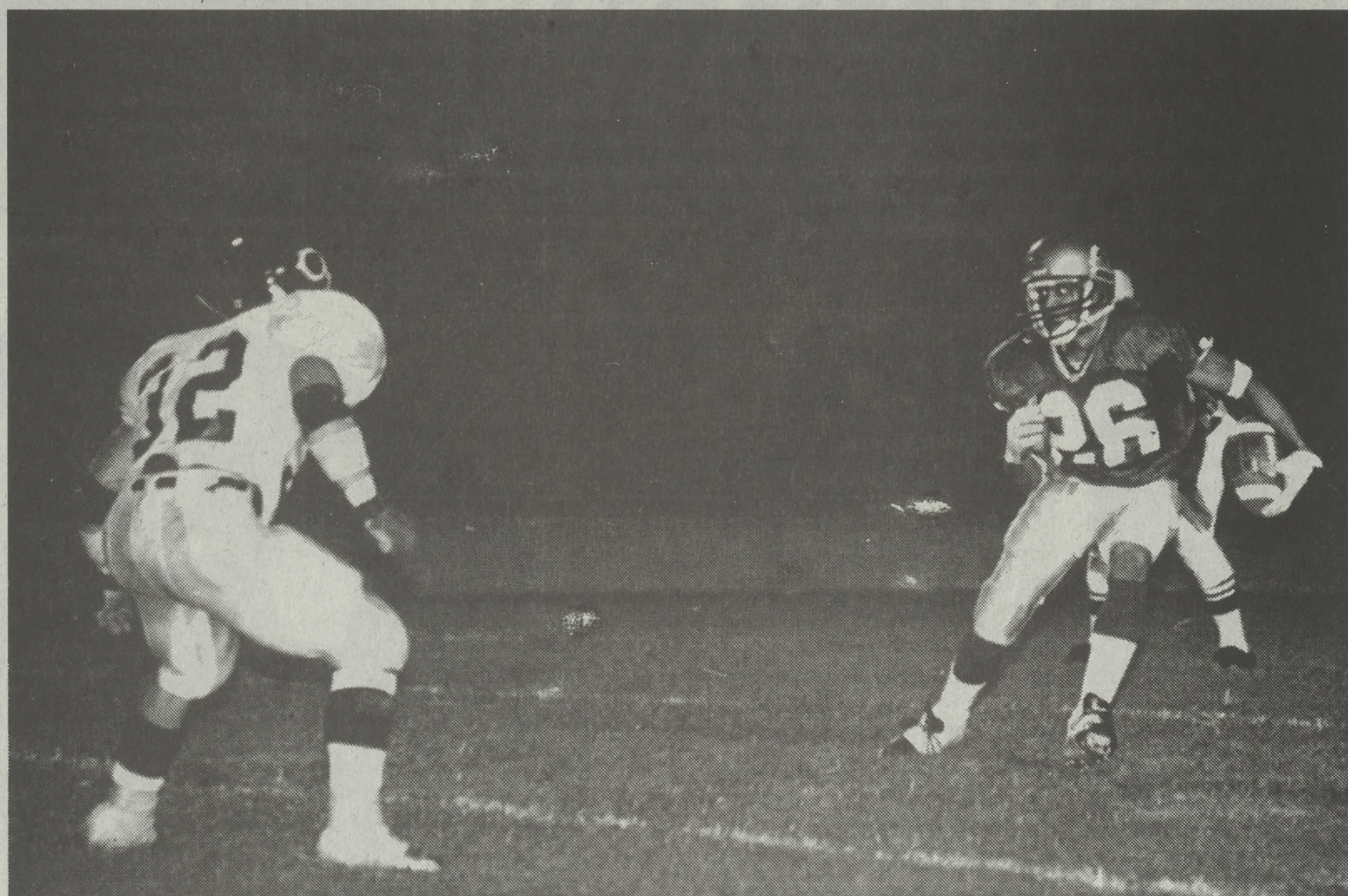
Nov 2 vs Fullerton

Cross

Country

Schedule

Nov 6 Southern
California Finals



Monarch receiver leong gets ready to make a move on Citrus Defensive back Brent Frahm.

Martland Johnson/Valley Star

Monarchs squeeze Citrus for win

■ **Football:** Monarch airial attack too much for Citrus Defense.

VICTOR CORONA
STAR REPORTER

Through five games, the Monarch offense had been over looked thanks in part to the stellar play of the defense. All that change Saturday, as the Monarch offense put up 35 points on the number two scoring defense in the Western State Conference. "Their offensive coordinator said our offense was the best they seen so far," said Coach Carl Ferrill.

The two teams went in to the game with a highly regarded defense. Both teams had their defense pretty much carried them so far.

Citrus went in to Saturday's game ranked second behind Bakersfield allowing 17.3 points

per game. While their offense came in having been shut out the last two games, and came in ranked 15 of 16 teams in the WSC in total offense.

Looking at the stats this figured to be a low scoring game as it turned out both teams had problems stopping the offense. "The team keep blaming each other instead of focusing on the next play," Said linebacker Damion Thompson. the Owls opened the scoring on a 47 yard touchdown run by running back Rodney Mcnealy.

The Monarchs responded minutes later as Quarterback Eric Holtferter found Receiver Julian Battles on a 16 yard touchdown. The Owls came right back after the Monarch score and drove down the field and finished it on seven yard touchdown pass from Quarterback Ryan Tracey to receiver Jan Jenkins.

On the ensuing kickoff Running Back Vinnie Walker

had the kick to him he returned it 30 yards to setup the Monarch second touchdown. Holtfreter finished the drive by running the ball in from eight yards out for the touchdown.

Holtfreter hook up with Battle for a second time to finish the first half scoring for both teams. This time it was on a 24 yard catch.

Although the receiving tandem of Battle and Jerome Riley were in the top 10 in the WSC in catches through five games. Both were getting heat from the coaching staff about the seven drop passes against Hancock. "All the receivers had a team meeting. In the meeting we talk about coming together as one," said Riley.

Indeed they did the two receivers combine to catch 12 passes for 227 yards. "The coach got on us and we practice harder at catching the ball," said Battle. The second half provided the

homecoming crowd with high-light of the game courtesy of Quarterback Eric Holtfreter and receiver Jerome Riley. with the ball at their own 15 Holtfreter threw down the middle of the field to Riley.

The ball looked like it was going to be out the reach of Riley but he able to pulled it in and go 85 yards for the touchdown. "eric made it easier to catch the ball tonight" said Jerome Riley.

With the game out of reach the at 35-13 at the end of thee third quarter. The Monarchs became victims of happy flag referees. in a seven minute stretch the Monarchs were penalize 10 times, and finish with 16 for 145 yards.

The penalties allowed the Owls to get back in the game and almost pull it out. " Their coach told me that it seem like they (the referees) wanted to give the game to them," said Coach Carl Ferrill.

Monarchs pull out win in overtime

■ **Waterpolo:** The team needs overtime to win game against Rio Hondo

MARTHA PRIMERA
STAFF REPORTER

On Wed. Oct. 13 the men's water polo team went into double overtime to beat Rio Hondo 10-8

At the end of regulation with the game tied at eight Valley's team had to continue to play even in their tiresome state.

Valley's goalie Andrew Langer had 14 saves against Rio Hondo adding to his already impressive year.

Captain Josh Wilson had a 2 point goal that helped boost team spirit in what could have been a game easily lost.

Other key players in the game were Eddie Barrera with one goal and great defense. Danny Sandoval had two goals while Adam

Ritmiller had one goal and great defense against Rio Hondo.

Valley has two regular games coming up before their chance at Playoffs begin. Valley has a game on Oct.29 against Pierce and a game at home on Nov. 2 against Fullerton. The men's team is hoping that their season will not end with Fullerton because they are hoping to go all the way to the Playoffs in Northern California.

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BY CECI VENDRELL
STAR REPORTER

Achieving even a moderate level of fitness requires time, effort and consistency. It's the daily commitment to exercise that keeps the body fit.

Sometimes, though, life's demands get in the way of our workout time and we slack off. Our body maintains itself for a few days until we start to suffer the effects of exercise withdrawal: low energy, crankiness, tight muscles and the eventual deterioration of aerobic performance and muscle strength.

Just how quickly does the body lose the benefits of working out? Fitness breakdown begins in the first three days, starting with mood changes. Exercise produces adrenaline and beta-endorphins, hormones that lift our moods. These levels drop in two or three days without exercise and crankiness can set in, according to "Women's Sport & Fitness" magazine. A decrease in these hormones can make you feel depressed and lethargic.

It takes about two weeks for aerobic fitness to decline, reducing the body's ability to perform endurance activities like running by up to 15 percent. As your maximum heart rate and cardiac output fall so does energy production in your muscle cells, making activities that require short bursts of energy more difficult. Running up the stairs leaves you breathless.

By the end of a month your muscle strength can decline by 20 percent and your previous fitness level is a distant memory. Is all that time, effort and sweat you put into exercising a total waste? Not necessarily.

The good news is that building back up is easier than building them to begin with. "There appears to be a kind of muscle memory," says Robert Staron, an exercise physiologist at Ohio University.

One study showed that a group of female college students regained their peak muscular strength in only six weeks after an eight-month rest. Aerobic reconditioning, though, takes longer due to the complex system of heart, lungs, blood and muscle required for endurance.

Even though it appears that rebuilding athletic endurance is easier than initial training, you'll still need about two weeks of activity for each week off. The best solution is to stay with your workout program so you don't have to play catch-up on your fitness level.

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